

Table 1
School Breakfast Menu Criteria
Healthier Montana Menu Challenge

Menu Criteria	Clarification
Three different fruits are offered each week. (includes fresh, frozen, dried or canned in own juice or light syrup)	100% fruit juice can be counted one time per week.
Fresh fruit is offered at least two times per week.	
Whole grain items are offered at least three times per week.	
Protein-rich foods (meat and meat alternates such as cheese, yogurt and peanut butter) are offered at least three times per week.	
When daily choices are not offered, higher fat entrée items are limited to once per week. When choices are offered, a student must be able to select a lower fat entrée ($\leq 40\%$ of total calories from fat) each day.	A higher fat entrée item is defined as having $\geq 40\%$ of calories from fat, excluding nuts, seeds, and nut butters.
Limit the sale or service of high sugar breakfast cereals and other high sugar items (≥ 7 grams of sugar per one ounce serving) to one time per month.	Strive to serve breakfast cereals which contain ≤ 7 grams of sugar and at least 2 grams of fiber per one ounce serving. High fiber, whole grain cereals with dried fruit (for example, Raisin Bran) will be exempt from the sugar criteria.
Limit the sale or service of baked goods (like donuts, sweet rolls, maple bars and toaster pastries) to one time per month.	
Only low-fat (1%) and fat-free (skim) milk are offered daily.	
Menus meet the USDA School Meals Initiative (SMI) nutrient standards.*	Verification of schools meeting the School Meals Initiative (SMI) nutrient standards will be based upon the most recent SMI review conducted by the Montana Office of Public Instruction.

Montana schools will be recognized for serving healthy breakfast menus based upon the 2005 Dietary Guidelines for Americans. As part of a colorful, eye-appealing and tasty breakfast, these criteria focus on:

- Providing adequate calories from nutrient-dense foods and beverages while limiting the intake of saturated and trans fats, cholesterol, added sugars and salt.
- Increasing fiber by serving whole grain items, fiber-rich cereal and fruits
- Introducing children to lower sugar and higher fiber breakfast cereals
- Serving fewer processed foods and/or using healthier processed food items
- Increasing protein for balanced nutrition
- Offering only low-fat milk (1%) and nonfat (skim) milk
- Sending a consistent message to children, their parents and school staff on what a healthy breakfast looks and tastes like.

*School breakfast menus must meet the USDA's School Meals Initiative (SMI) nutrient standards. Please refer to *A Menu Planner for Healthy School Meals*, found at <http://teamnutrition.usda.gov/Resources/menuplanner.html>, for the specific nutrient standards and meal patterns for breakfast meals.